



**Health Matters Newsletter
February 18, 2022
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- The Village on Trunk Road- How Can You Help? Attached
- Job Posting for Peer Support Worker Attached
- Coldest Night of the Year- Join the Event
- February is Black History Month
- Mom's Stop the Harm Movie Premier- "*The Meaning of Empathy*"
- Common Hulqiminum Terms to Practice
- City of Duncan Transportation and Mobility Strategy -Survey and Engagement Opportunities
- PlanH/Health Authority CoP Call - Civic Engagement, Policymaking and Health
- Black History Month with Diana Braitwaite -EVENT



If you haven't already done so one day you must visit the 3 Sisters in Carmanah Valley

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- ✓ **Next Admin Committee Meeting** **March 3- 4:00 pm** zoom call
 - ✓ **Next Our Cowichan Network Meeting** **Postponed until April 14**
 - ✓ **Next EPIC Committee Meeting-** **March 17, 2022, 1:30 pm-3:00 pm** zoom call contact Cindy cindylisecchn@shaw.ca for access
 - ✓ **Cowichan CAT – February 24 2022, 10 am -noon** contact Leah Vance Leah Vance leahlvance@gmail.com for access
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Omicron Continues to Circulate Please GET Vaccinated

Saturday, Feb. 26: ❁ [The Coldest Night of the Year](#),

a national family-friendly fundraising walk to support unhoused and hungry people, will support the Canadian Mental Health Association's efforts to establish a space and support for youth without a home in the Cowichan region.

February is Black History Month (thanks to Cowichan Intercultural Society for pulling together these resources)

Every February, people across Canada participate in Black History Month events and festivities that honour the legacy of Black Canadians and their communities.

We are honoured to recognize this year's Black History Month.

Here are some resources you may be interested in checking:

- [YouTube Video "Proud of our History - Black History Month"](#)
- [BC Black History Awareness Society](#)
- [ROYAL BC MUSEUM: Hope Meets Action: Echoes Through the Black Continuum](#)
- [ROYAL BC MUSEUM: Hope Meets Action \(Leaning Portal\) -READ, WATCH, LOOK](#)
- [TIMELINE: BLACK HISTORY in Canada](#)

[British Columbia's Black Pioneers \(the story of the 800 educated and skilled Black men and women\)](#)

Moms Stop The Harm Film Premiere: March 2, 2022

Kímmapiiyipitssini: The Meaning of Empathy

Come watch one of the year's most moving documentaries and join our curated discussion on the themes of the film.

Kímmapiiyipitssini: The Meaning of Empathy is a co-production between Seen Through Women Productions and the National Film Board of Canada through their North West Studio. The film follows filmmaker Elle-Máijá Tailfeathers as she creates an intimate portrait of her community and the impacts of the substance use and overdose epidemic. Witness the change brought by community members with substance-use disorder, first responders and medical professionals as they strive for harm reduction in the Kainai First Nation.

Contextualized in the historical and lived trauma of settler colonialism, *Kímmapiiyipitssini: The Meaning of Empathy* draws a connecting line between the impacts of colonialism on Blackfoot land and people and the ongoing substance-use crisis. The film asks the audience to have love and hope for those who are marginalized by addiction and racism.

This film is the winner of the Rogers Audience Award for Best Canadian Documentary at Hot Docs Festival and was selected as one of the best documentaries of 2021 by POV magazine **Join Dr. Esther Tailfeathers and other experts to discuss some of the themes explored in the film.**

Registration Information

Date and time: **Wed, March 2, 2022 6:00 PM – 7:00 PM PST**

When you register for this event, your confirmation email includes a private link to participate in the *Kimmapiiyipitssini: The Meaning of Empathy* screening and discussion. The film will be available to stream one week before the live discussion event.

To REGISTER

<https://www.eventbrite.ca/e/moms-stop-the-harm-presents-the-meaning-of-empathy-tickets-255708580247#:~:text=62%20followers,Register>



Common Hulqiminum Terms

https://www.youtube.com/watch?v=1wj0_tGAOVE



City of Duncan Transportation and Mobility Strategy -Survey and Engagement Opportunities

We want to hear from you! Learn more about how you can get involved in our Official Community Plan and Transportation and Mobility Strategy as we enter the final planning stages. Hint: Available surveys online and upcoming virtual engagement opportunities (March 2 and 3 - Register by emailing signup@duncan.ca <https://www.placespeak.com/.../6522-city-of-duncan.../>

https://www.placespeak.com/en/topic/6522-city-of-duncan-official-community-plan/?fbclid=IwAR1iMXUQJCSa-EbB_VygZH9Z-03PpMHojnQNjG2XWw31q-EUR7_ISJFNRIQ#/overview

Alternatively, an online version of the surveys can be found at:

[PlaceSpeak - City of Duncan | Official Community Plan](#)

[PlaceSpeak - City of Duncan | Transportation + Mobility Strategy](#)





PlanH/Health Authority CoP Call - Civic Engagement, Policymaking and Health

Last year BC Healthy Communities hosted 4 calls that convened you, our health authority partners, to discuss a variety of Healthy Communities topics such as food security, equity, housing, and healthy public policy. This year we are doing the same, however, we want to be more explicit about the purpose of these calls and frame them as our "Community of Practice". The purpose is for our regional and First Nations Health Authority partners who work in Healthy Communities teams and adjacent roles to have a bigger and stronger network of people to share with and learn from. These calls aim to increase knowledge sharing, inter-regional and inter-departmental problem solving and the activation of resources, including the lived and practical experience held by other health authority staff. We believe improving health equity is easier as you expand the tools and people you have to support you.

Last year one of our most lively communities of practice surrounded healthy public policy. It's also a topic that has been thrust into mainstream public discourse as COVID has made people more aware of the public health profession and the degree to which policies that aren't directly related to health, still impact our well-being.

In our first Community of Practice call on March 4th at 10 am PT, we are going to pick up on this conversation. Specifically, we want to **discuss the ways can we encourage civic engagement (participating and voting in local government elections) without furthering the narrative that public health policymaking is political.** Better yet, how can we help to change the narrative around that so that equitable healthy public policies are more likely to be advocated for by community members and subsequently adopted by policymakers.

We want you to take this conversation in the direction you want but we would appreciate participants to come prepared with questions, thoughts and inspiration or a mixture of the three to share with your colleagues.

If you're interested in joining or have any input on the direction of this call, please email me jacob@bchealthycommunities.ca by the end of next week Friday, February 25th so that I can estimate the group size and plan accordingly.

Have a great long weekend and I look forward to connecting with you soon!

Jacob Cramer

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COME AND CELEBRATE

BLACK HISTORY MONTH

FRIDAY, FEBRUARY 25TH 2022

FROM 7- 8 PM



WITH

DIANA BRAITHWAITE

Black-Canadians have many wonderful and proud stories to celebrate with the world! Blues singer and Black historian Diana Braithwaite takes the audience on a coast to coast look at some of the interesting stories and individuals that have played an important role in making up Canada's rich history throughout the years



AT VANCOUVER ISLAND UNIVERSITY (COWICHAN CAMPUS)

LIMITED SEATING AVAILABLE, VISIT EVENTBRITE FOR RESERVATION

FOR MORE INFORMATION EMAIL LAURA PAEZ AT LAURAP@CIS-IWC.ORG

Cowichan Valley Intercultural and Immigrant Aid Society
321 St. Julien Street | Duncan BC | V9L 3S5 | 250 748 3112 | cowichanintercultural.org

Health Matters Newsletter

Do you have a resource, event or information you would like to share?

Send it to cindylisecchn@shaw.ca and it will be included in the Friday Newsletter